

Summer Beauty Talks And Health Hints

By Pauline Furlong

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Exercises Essential for Both Fat and Thin Women

VACATION time can become beauty time. Too thin or too slim women can play themselves into beautiful lines and a good figure. It sounds interesting, at least, doesn't it? It is. So many really helpful exercises can be taken in play at either the seashore or in the country that, if followed for any length of time, they are bound to result in better health and a better figure. Exercises stimulate the blood circulation and sharpen the appetite, and if you satisfy this with proper and fat-forming foods you will benefit by the extra physical exertion. It is a mistake to think that thin persons should not exercise, because they need their own system of physical culture quite as much as their fat sisters.

The chest raising exercise is considered one of the best or most important in the developing course. It should be practiced in the fresh air. Do it while you are on your vacation. It is simple. Stand with feet and knees together, arms length from a tree, palms resting on it. Lower the chest until it touches the tree, between the palms, but do not move the feet from the original position. Do this twenty-five times a day or twice a day if you wish to round out the shoulders and fill in the hollows in the neck and chest. This exercise also corrects round shoulders.

Slender women will have a much easier time than the stout ones in their search for health and better physical development, for if you rest and eat you cannot help but gain weight and strength.

Several important facts should be kept in mind by the thin woman. She should not exercise until in a perspiration—only until it touches the forehead. She should rest and sleep afterward if possible. Strenuous exercises should be avoided entirely, no matter how much you enjoy them, for overdoing the movements causes the body to use up more energy than the system is able to supply. This in turn will cause excessive thinness and nervous disorders.

Here is a summer menu that will prove helpful for the thin woman: Two glasses of water before breakfast, hot or cold.

Breakfast—Strawberries and cream, broiled meat, coffee or a glass of milk.

Luncheon—Chicken soup with rice, cantaloupe with ice cream.

Dinner—Roast lamb, peas, baked potatoes and fruit salad.

TO DEVELOP THE CHEST—MILDRED H. Bond stamped, self-addressed envelope for further particulars.

ENERGY FOODS—N. L. V. You have the right idea when you understand that wholesome foods and right living are the best producers of energy. Those who depend on tonics and drugs should try the hygienic and natural way to recover health and bring about better nervous condition. Energy foods consist of the following: potatoes, cereals, fats, honey, sugar, etc.

WATER IN THE SYSTEM—H. G. P. Your friend is correct. Water is not absorbed by the stomach but passes in saliva, when taken alone.

The Housewife's Scrapbook

THE Food Administration advises that we eat potatoes every day and send the wheat across the way. Try this way of serving them: Boil potatoes, then peel and cut into cubes. Melt one and a half tablespoons of fat in saucepan, add one tablespoonful of cornstarch and let it cook three minutes. Add a half cup of milk and one-fourth cup of water and stir constantly until it thickens. Season to taste with salt and pepper. Add about half cup of cream, cheese and two cups of the sliced potatoes. Mix well and put into a greased baking dish, sprinkle with grated cheese and bake in moderate oven until cheese browns.

The present food regulations allow three-quarter pound of sugar per week for each person. That is about three and a half tablespoonfuls a day. This is to include the sugar eaten in candy, cake, etc.

Now that both fruit and vegetables are plentiful vary the serving of these excellent foods as much as possible. Each variety contains a different nutrient and all are necessary in the diet.

Fortunate is the housewife who possesses a fireless cooker these warm days. She can have savory stews and make a little meat go a long way. She can use the cheap cuts and yet serve a tender dish of meat. For stews use the rump, flank, neck or brisket. Season potatoes with carrots, turnips, onions, peas or beans, cabbage and tomatoes—either fresh or canned. Barley, rice or hominy may also be added. For flavoring use parsley, onion and celery tops, and either seasoning herbs or spices.

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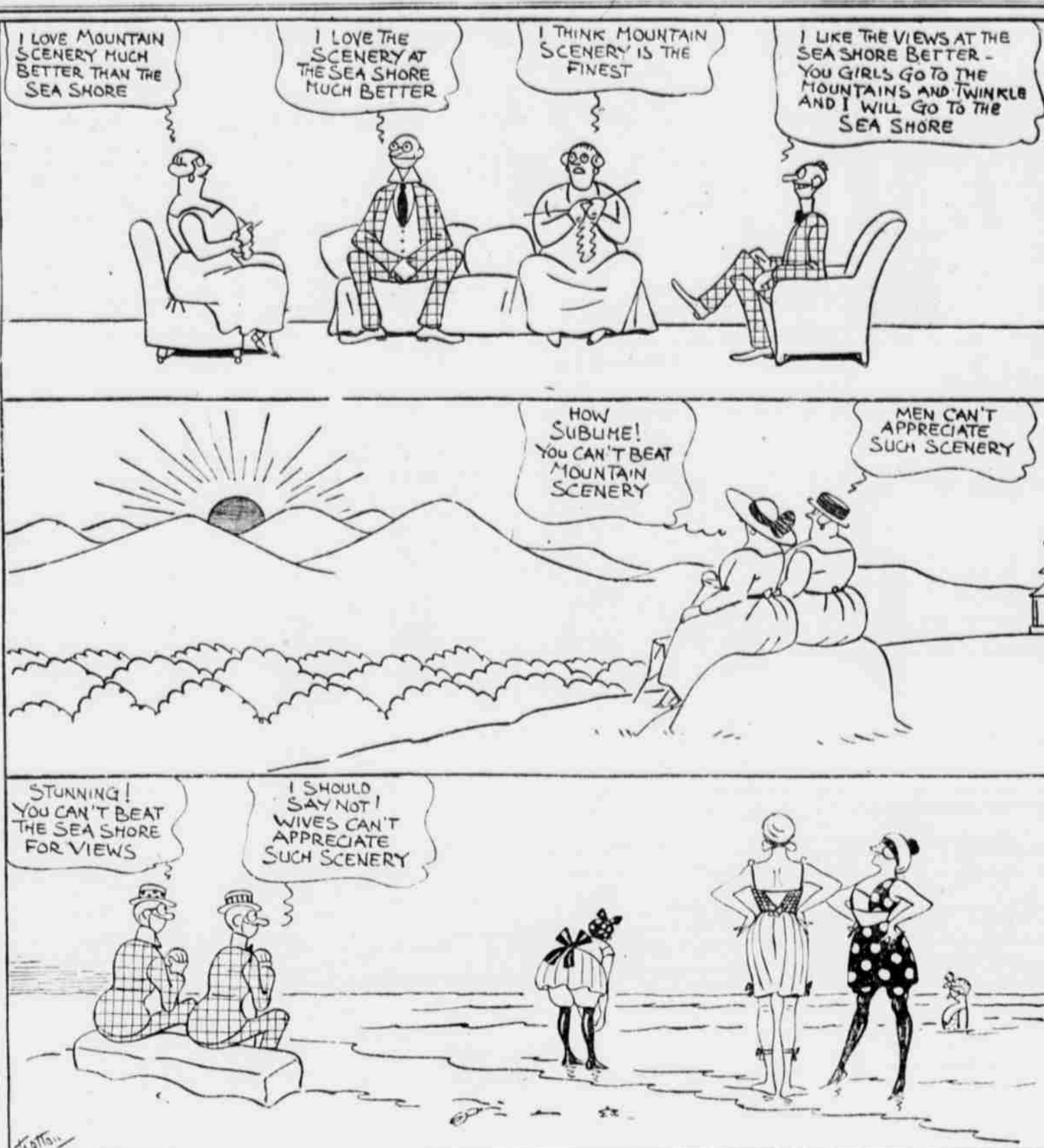
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Beauties of Nature

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By Maurice Ketten



GOLD OF THE GODS

BY ARTHUR B. REEVE

Trace Is Lost of the Missing Inez, But Kennedy Keeps Up Search for Her

SYNOPSIS OF PRECEDING CHAPTERS.

CHAPTER XVIII. Kennedy, after a long search, had found the missing Inez. He had been told that she was in the city, and he had been looking for her ever since. He had been told that she was in the city, and he had been looking for her ever since.

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Original Fashion Designs For The Evening World's Home Dressmakers

By Mildred Lodewick

Copyright, 1918, by The Press Publishing Co. (The New York Evening World.)
Kiddie's Coat of Linen and Silk
in Pretty Summer Style



Answers to Queries

Editor The Evening World:

I have a cream-colored dress made like enclosed sketch, and as I am tired of it, would like to fix it up in some way to wear to a garden party. Thought you might suggest something for me.

D. J. Raspberry or dull blue faille silk ribbon arranged as per sketch would elaborate your frock and lend it considerable variety.

I have a 1 1/2 yards of emerald green and white silk and cotton plaid. Will you suggest a simple way to make it up, as I am in a great hurry? Am a twenty-five years of age, 5 feet 2 inches tall. If you think advisable can use a one-yard piece of white organdy with this goods.

MISS E. M. Use organdy for front panel, undersleeves and skirt band. Bash either of same or of dress goods, with organdy bands across ends. Cluny insertion.

To the Editor of The Evening World: Will you give me some idea how I might remodel a couple of dresses, one a blue linen and the other an all-over embroidered bluish? The linen is a plain skirt and Moynan waist, slightly faded on shoulders and hips. The white is a full skirt, long, tight sleeves, lace chemise. Could I combine these dresses? Am 30 years of age, a 34 size.

MRS. L. Your two dresses could be nicely united in this design. A front organdy or batiste chemise.

VACATION HINT. If an insect should lodge in the car during the camping days put a few drops of oil in the car and the insect will float to the surface. Or if there happens to be a smoker at hand let him puff smoke into the car and the insect will speedily be suffocated. Be careful when removing foreign substances from the car. A wire hair-pin use with care makes an effective insect trap in the absence of an insect.

Lockwood flashed a look of suspicion in her direction. As for myself, I had never been able to make the woman out. To-night she seemed like a sort of demerol machine, who sat apart, playing on the passions of a group of puppet men whom she set against each other until all should be involved in a common ruin.

Stena de Moche seemed to take a splendid delight in the words as she said them. It was as though she challenged our helplessness in the face of a power that was greater than us all.

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RAINBOW'S END

By Rex Beach

THIS GREAT ROMANCE OF LOVE AND ADVENTURE

BEGINS ON HOME PAGE MONDAY